

# Judson Baptist Church – Youth Ministry

## Parent Resource Package

Below you will find a list of different resource that could help you and your family; adults and teens alike. We have broken it down into different subtitles to help will your search. While we do believe these resources will help you and your family not all reflect the opinions and values of Judson Baptist Church.

### Websites

**Recommended Websites to check out: The sites listed below are for you, the parent.**

- **Focus On The Family:** Leading Christian Parenting website that offers guides on parenting stages, discipline, child development, health and safety and much more. ([www.focusonthefamily.com/parenting.aspx](http://www.focusonthefamily.com/parenting.aspx))
- **Family Life Today:** Offers free monthly e-magazines on Christian parenting. Has articles and audio forms from Dennis and Barbara Rainey. Once at their home page select the “Better Parenting” tab. ([www.familylife.com](http://www.familylife.com))
- **Crosswalk – The Intersection of Faith and Life:** Here you will find great articles on parenting and teen issues that many youth across the country are facing. ([www.crosswalk.com/parenting](http://www.crosswalk.com/parenting))
- **Christianity Today:** If you love the magazine then you will defiantly love the website. Here you will find great parenting articles, family devotionals, and expert advice. This website offers a mom to mom section. ([www.christianitytoday.com/parenting](http://www.christianitytoday.com/parenting))
- **LifeWay Christian Resources:** Offers solid parenting advice and resources from a Southern Baptist perspective. LifeWay has a total of 4 different parenting magazines that they offer. To access their parenting page go to their website and click on the family tab, scroll down to parenting. ([www.lifeway.com](http://www.lifeway.com))
- **Nation Center for Biblical Parenting:** Here you will find books, videos, and conferences offered to help Christian parents. ([www.biblicalparenting.org](http://www.biblicalparenting.org))
- **Desiring God:** Offers free sermons and articles from Dr. John Piper. Search for these things and more in the resource library under the subject parenting. ([www.desiringgod.org](http://www.desiringgod.org))
- **Plugged In:** Here you will find away to preview or check in to what your children may be listening to or going to see at the movies. This site offers movie reviews, video/DVD, music, television, and game reviews. A great way to check and see what is out in the market place attracting your kid’s attention. ([www.pluggedinonline.com/](http://www.pluggedinonline.com/))

**Recommended Sites to check out that youth are using: These are some of the most popular sites teens visit today.**

- **Myspace:** An international site that offers email, a forum, communities, videos and weblog space. ([www.myspace.com](http://www.myspace.com))
- **Facebook:** Is a social utility that connects people with friends and others who work, study and live around them. ([www.facebook.com](http://www.facebook.com))
- **Sex, etc.:** Newsletter written by teens for teens on important health and sexuality issues. ([www.sexetc.org](http://www.sexetc.org))
- **Photobucket:** Offers image hosting, free photo sharing and video sharing. Upload your photos, host your videos, and share them with friends and family. ([www.photobucket.com](http://www.photobucket.com))

- **Xanga:** Is a community where you can start your own free weblog, share photos and videos, and meet new friends too! ([www.xanga.com](http://www.xanga.com))
- **YouTube:** Hosts user-generated videos. Includes network and professional content. ([www.youtube.com](http://www.youtube.com))
- **Tagged:** Allows users to send messages, leave comments, browse photos, watch videos, play games, give tags and chat([www.tagged.com](http://www.tagged.com) )

## Books

**Recommended Books to check out: Some of these books can be read with your teen others are just for you and your spouse.**

- **AFTER YOU DROP THEM OFF** By Jeremy Clark (Waterbrook Press) Every parent and every youth group leader needs to have this book – so create a powerful parent/student ministries team. This book helps to educate you on your teen’s youth program by offering wonderful insight into the effective ways youth ministry plays an important role in impacting the spiritual life of kids.
- **AGE OF OPPORTUNITY: A BIBLICAL GUIDE TO PARENTING TEENS** By Paul David Tripp (P & R Publishing) Are you hoping to merely survive your teenagers? With compassion, wit, and wisdom, Tripp uncovers the heart issues affecting families during the often chaotic adolescent years. Gain assurance of God’s provision for parenting success and discover ways to seize the countless opportunities to deepen communication, learn, and grow with your teens.
- **HELP! THERE’S A TEENAGER IN MY HOUSE- A TROUBLE SHOOTING GUIDE FOR PARENTS** Edited By Wayne Rice (Inter Varsity Press) Parenting teens is one of the toughest and most important jobs around. The practical insights and support this book offers will help you to endure and even enjoy the teenage years.
- **HELPING THE STRUGGLING ADOLESCENT—A GUIDE TO THIRTY COMMON PROBLEMS FOR PARENTS, COUNSELORS, AND YOUTH WORKERS** By Les Parrott III (Zondervan) This is a reference guide focusing on thirty common teenage struggles and is arranged alphabetically- from abuse to suicide. In between are topics such as anger, body image, depression, eating disorders, guilt, and homosexuality.
- **HOW CHILDREN RAISE PARENTS** By Dan Allender (Waterbrook) What if God gave us children to grow us up! This book gives practical insights, full of wisdom, on how to become a better parent and a better person.
- **HOW TO REALLY LOVE YOUR TEEN** By D. Ross Campbell (Life Journey) This book will help you develop skills and tools to build healthy relationships with your teenager. It offers practical information and steps to help you love your teen in all the right ways. A classic!
- **PARENTING IN THE HOME STRETCH- 12 Ways to Prepare Your Kids for Life on their Own** By Connie Neuman (Revell) Raising strong, confident, and godly children will never be easy. But Parenting in the Home Stretch will help you be intentional in your parenting so you’ll know your kids are ready when they head off to college to move out on their own.
- **PARENTS AND TEENAGERS: A Guide to Solving Problems and Building Relationships** By Jay Kesler (Victor Books) This trusted resource is the culmination of personal interviews and discussion with more than 50 of the most respected Christian leaders across the county, who share first hand advice concerning the unique responsibility of raising a teenager.
- **PARENTING TODAY’S ADOLESCENT** By Dennis and Barbara Rainey (Thomas Nelson) Strategies are presented that you can put immediately into action to guide your child to a responsible and God-honoring adulthood. It discusses when and how you should begin to prepare your child and yourself for turbulent teenage years.

- **PREPARING FOR ADOLESCENCE: HOW TO SURVIVE THE COMING YEARS OF CHANGE** By Dr. James Dobson (Regal) In this insightful book for any adolescent, topics that trouble teens most are discussed, including inferiority, conformity, puberty, the meaning of love, and the search for identity.
- **PREPARING FOR ADOLESCENCE FAMILY GUIDE** By Dr. James Dobson (Gospel Light) This workbook, designed for teachers, parents, and children to use in conjunction with the PREPARING FOR ADOLESCENCE book, includes questions, projects, assignments, and a special section for adults.
- **RAISING GREAT KIDS- A Comprehensive Guide to Parenting with Grace and Truth** By Dr. Henry Cloud and Dr. John Townsend (Zondervan) An effective middle ground for raising up children who will handle life with maturity and wisdom. This book will help you equip your son/daughter to accept life's responsibilities, grow from its challenges and freely and fully explore all that it has to offer.
- **REAL ISSUE, REAL TEENS: WHAT EVERY PARENT NEEDS TO KNOW** By T. Suzanne Eller (Life Journey) Nobody knows how teens really feel about things more than teens themselves. The author has made it possible for parents to go where their teen often won't let them- inside the teen's thoughts and feelings. Through in-depth interview, Eller brings to the surface the deepest concerns of teens and combines them with compassionate insights to form a bridge for parents into the hearts, minds and souls of their teens.
- **THE DNA OF PARENTS- TEEN RELATIONSHIPS: Discover the Key to your Teen's Heart** By Gary Smalley and Greg Smalley (Tyndale) Discusses how to create a safe atmosphere for transparency using information from 5,000 teens surveyed. Gives you a workable plan for relating positively to your daughter or son.
- **THE FIVE LOVE LANGUAGES OF TEENAGERS** By Gary Chapman (Northfield Publishing) This book helps you to discover how to identify, and fluently speak, your teenager's primary love language. Receive new insights into how and why teens need to be loved uniquely.

#### For Single Moms

- **FROM ONE SINGLE MOTHER TO ANOTHER** By Sandra P. Aldrich (Regal) Here's a book that offers encouragement and hope from a single mom that "gets" what you are going through. The author presents practical advice and personal experience, as well as an occasional chuckle, as she shares engaging stories of single parenting.

#### For Parents of Teenage Girls

- **DAUGHTERS GONE WILD DADS GONE CRAZY** By Charles and Heather Stone (W Publishing Group) Battle-tested tips from a father and daughter who survived the teenage years. As you travel with this dad-daughter team through their storm years, you'll learn the nine relationship "Life Preservers" to which they clung. There IS hope for restored relationships.
- **"MOM, I HATE MY LIFE!"** By Sharon A. Hersh (Shaw Books) This book will allow you to encounter the rapids of your daughter's adolescence with greater confidence and joy. The author urges sensible compassion as mothers and daughters become companions on a mutual journey. Helps to challenge and equip moms to meet their daughters' deepest needs in the best way possible.

### For Parents of Teenage Boys

- **BOYS! SHAPING ORDINARY BOYS INTO EXTRAORDINARY MEN** by William Bransay 11 (Thomas Nelson) The first parenting book devoted solely to the unique challenges of raising sons. Helps you to navigate the issues and obstacles of raising a boy to manhood.
- **TEENAGE BOYS** By Bill Beasley (Waterbrook) With refreshing honesty, the author presents 6 principles that will help parents take specific steps to shape the man inside their teenage boy and to enjoy those extraordinary years.

### Body image and Eating Disorders

- **MOM, I FEEL FAT** By Sharon Hersh (Shaw Books) Written specifically for mothers of teenage girls, this book will help moms to understand the issues their daughter faces concerning body image. It includes age-appropriate exercises and thought provoking questions for mom and daughter to do together.

### Grief and Loss

- **GRIEVING TEEN** By Helen Fitzgerald (Fireside Books) Although the circumstances surrounding a death are difficult to handle at any age, adolescence brings with it challenges and struggles that until now have been largely overlooked. This book focuses on the special needs of adolescents struggling with loss and gives them the tools they need to work through their pain and grief.
- **WHEN A FRIEND DIES: A BOOK FOR TEENS ABOUT GRIEVING AND HEALING** By Marilyn Gootman This author has seen her own children suffer from the death of a friend, and she knows what teenagers go through when another teen dies. Let her genuine understanding, gentle advice, and compassionate wisdom guide you through the next few days, weeks or months.

### Teens and Sex

- **PREPARING YOUR SON FOR EVERY MAN'S BATTLE** By Brandon Hill (Waterbrook Press) This is an excellent resource for Christian parents to help them talk about sex with their sons. Ideal for fathers, mothers, and especially single mothers.
- **PREPARING YOUR DAUGHTER FOR EVERY WOMEN'S BATTLE** By Shannon Ethridge (Waterbrook) Recognizing how awkward it can be to confront the topic of sex, this book gives ideas on creative conversations to have with your daughter, about sexual and emotional integrity. Provides tools that will give moms courage and confidence to talk open and honestly.
- **SEX, LIES, AND THE MEDIA – What Your Kids Know and Aren't Telling You** By Eva Marie Everson & Jessica Everson (Life Journey) Here is a vital first step in reclaiming our teens – and their sexuality- for God. From interviews conducted with various youth culture authorities, movie reviewers, youth pastors across the country, and teens themselves, this mom –daughter team educates and helps parents guide their children through today's maze of sexual messages.
- **TEENS AND SEX: HOW SHOULD WE TEACH THEM?** By Paul David Tripp (P & R Publishing) Distorted images of sex bombard our children from every angle. Where can they find a healthy view of their sexuality? How can parents and youth leaders teach kids the life-transforming truths that expose the counterfeits for what they are? This book will be an excellent resource to guide you.

### Devotions for Couples and Parents

- **NIGHT LIGHT – Devotionals for Couples** By Dr. James and Shirley Dobson (Multnomah Publishers) This is the Dobson's first book written together. It will help you in your marriage to

renew love and intimacy with each other and the Lord. It will bring you closer together as a parenting “team,” thus, providing your children with a healthy marriage model.

- **ONE YEAR DEVOTIONS FOR MOMS** By Ellen Banks Elwell (Tyndale) A book to encourage you as a parent and challenge you to deepen your relationship with Christ. It also offers wise advice on being a better model for your children.
- **31 DAYS OF PRAYER FOR MY CHILD** By Susan Alexander (Baker Book House) This book of 31 specific prayers is designed to help you pray what’s most important to you, being a good parent and raising your children right. This book enters you into a time to focus your heart and mind on connecting with God.

### **Popular Non-Christian Parenting Books**

- **EMOTIONALLY INTELLIGENT PARENTING** By Maurice Elia, Steven Tobias, and Brian Friedlander (Three Rivers Press) Have you, as a parent, ever found yourself treating your children in a way you would never tolerate from someone else? The authors focus on what they call a new Golden Rule: Do unto your children as you would have other people do unto your children. Takes into account the strong role of emotions – those of parents and children- in psychological development. Will assist you in communicating on a deeper, more gratifying level.
- **GET OUT OF MY LIFE But First Could you Drive Me and Cheryl to the Mall?** By Anthony E. Wolf (Noonday Press) The author describes the psychological rules that dictate teenage behavior, including differences between boys and girls. Best of all, he doesn’t overlook the humor in parenting, especially the teenage years.
- **GIVING THE LOVE THAT HEALS**, a Guide for Parents By Harville Hendrix and Helen Hunt (Pocket Books) This groundbreaking book offers a unique opportunity for personal transformation: by resolving issues that originated in our own childhood, we can achieve a conscious, and thus healthier, relationship with our children regardless of their age.
- **HOW TO TALK SO KIDS WILL LISTEN AND LISTEN SO KIDS WILL TALK** By Adele Faber and Elaine Mazlish (Perennial Currents) Is full of practical, innovative ways to solve common problems and build foundations for lasting relationships. National Best-Seller, more than 2 million copies sold.
- **QUEEN BEES AND WANNA-BE’S** – Helping your daughter survive Cliques, Gossip, Boyfriends, and Other Realities of Adolescence By Rosalind Wiseman (Crown) Takes you inside the secret world of girl’s friendships. Will equip parents with some needed tools to build the right foundations to help your daughter make smarter choices in the critical areas today’s teenage girl’s face.

### **Magazines**

**Recommended Magazines to check out: Some of these magazines are targeting primarily adults while others are more family oriented.**

- **Christian Parenting Today Magazine:** Christian Parenting Today features practical, biblical parenting advice to help you train your children in the ways of God. Discover encouragement for one of the most difficult and important jobs in your life. Find trusted solutions for common parenting problems, great ideas for tough challenges, with insight and guidance from a Christian perspective. The magazine also covers topics for single parenting, health issues, discipline, spiritual development, and education.
- **Christianity Today:** Christianity Today is one of the leading Christian magazines available, both online and in printed format. The popular publication covers world, national, church and ministry news. Find practical advice on every aspect of Christian life from entertainment to shopping, parenting and marriage resources, help with college and seminary selection,

community guides, and sermon aids. With Christianity Today, you will never run out of reading material.

- **New Man Magazine:** New Man Magazine is designed for Christian men who want fast, useful and bottom line information. You'll meet some of the biggest names in sports, business and entertainment and see how their faith in Jesus Christ has impacted their lives. Read about real men who have overcome adversity, found adventure, and stood strong in their faith. Receive biblical perspectives from Christian leaders, practical advice about marriage, parenting, work, health, fitness, sex, God and every aspect of life!
- **Today's Christian Women:** If fashion magazines and Hollywood journals simply are not cutting it for you, try this positive, practical, and uplifting women's magazine. Today's Christian Woman helps you deal with the faster pace and greater pressures of life in today's world. The regular features cover all areas of a woman's life - family, career, children, health, and friendships. Receive fresh inspiration and biblical insight to help you meet the pressures of life with greater confidence.
- **CCM Magazine:** CCM Magazine covers everything you need to stay up-to-date in the contemporary Christian music world. It is available both online and in printed format. You can listen to music, read reviews, visit their forums, get tour and concert information, study special artist features and shop for Christian music.
- **Christian Living:** This high-quality, well-rounded "Christian living" magazine for believers in today's world, features everything from human interest stories, ministry spotlights, education and health articles, to home and fashion tips, food, finance, and business features. Founded in 2004 with a primary audience in Metro Atlanta, but with a world-wide goal, Christian Living magazine is quickly developing into a leading publication.
- **ParentLife:** Equipping parents to raise godly children. Provides strong, biblical, practical parenting solutions for you to raise your children.
- **Living with Teenagers:** Providing biblical solutions for transforming families with teens.

### Popular Non-Christian Parenting Magazines

- **Parents:** America's leading family magazine for parents offering proven tips, sure-fire techniques and straightforward advice from America's foremost childcare experts.
- **Parent and Child:** A resource to help today's parents play an active role in their child's development.
- **Parenting:** The most trusted authority for helping you raise smart, loving and self-confident children. Each issue contains age-specific child development guidance, valuable advice on your child's emotional & social development, health & safety information and the best ways to stimulate your child's learning.
- **Family Circle:** Magazine featuring ideas in food, recipes, home, health, fitness, crafts, family travel and more.
- **Interactive Dad:** Parenting magazine for dads, updated daily and focuses on family and finance.
- **Fathering Magazine:** Guide for Moms-to-be with tips on nutrition, fitness, exercises, baby care & weight loss.
- **Single Rose:** Resource magazine for single mothers.
- **Parents Talk:** Features stories and tips from parents, plus parenting advice from experts.
- **Twins:** Magazine for parents of twins and multiples.
- **NestingSolo:** Magazine for single parents providing spiritual, emotional and practical support. Special emphasis is on encouraging single parents to own their small business.

- **Adoptive Families:** Is the nation's leading adoption magazine, and features information on how to adopt and raise healthy, happy children. Each issue is packed with stories and advice to help you stay informed about adoption laws, news and trends.

#### **Popular Magazines for Youth:**

- **Collegiate+:** Challenges college students to dream more, risk more, and be more in their relationship with Christ.
- **ec: Essential Connection:** Supports teens' development of a trust in God and a faith that they can practically apply to their lives.
- **Let's Worship:** Over 200 ideas for worship including preaching, music, drama, and more.
- **Clear Direction:** Clear Direction student magazine helps junior high students explore the Bible. Each issue includes thirteen 5-day Bible Studies specifically for younger teens. Enjoy the cutting edge and relevant articles, devotions, and have fun! Connect with God - read CLEAR Direction!
- **Clear Horizon:** Clear Horizon student magazine is an award-winning magazine for high school students packed with informative and inspiring articles, engaging cutting edge design, and lots of fun. Each issue includes thirteen 5-day Bible Studies students can use in their personal quiet time or devotions.
- **Ignite Your Faith:** Keeping God first in everyday teen issues.

#### **Internet Filters/blockers/records sites**

- [www.safeeyes.com](http://www.safeeyes.com)
- [www.covenanteyes.com](http://www.covenanteyes.com)